

THE ponds REFLECTION

Issue number ²⁰
month December
year 2018

PRINCIPAL'S REPORT



2018 has drawn to a close and I wish all families a safe and happy Christmas break and we look forward to seeing you all again in 2019.

The return dates are as follows:

Wednesday	29 January	Staff only
Thursday	30 January	Year 7 and Year 10 Peer Support Team 8:30am
Thursday	30 January	Year 11 at 9:30am
Friday	31 January	Years 8, 9 and 10 at 8:30am

The Year in Review

What an amazing thing we have done completing Year 7 – 10 and preparing for our first senior cohort. This has taken immense planning and could not have been done without some key personnel including:

TPHS Deputy Principals: Mr Laird, Mr Scandizzo and Mr Fitzgerald
HT Administration Ms O Nicholls
HT Stage 5-6 Mrs N Isakov
HTs Curriculum Leading
The Assessment and Reporting Team headed by Mr Rutherford
and all teachers who have committed time and expertise
to create and develop programs for 2019.



Wishing you a
Merry Christmas!

The Year in Review

Our summarised strategic directions are:

1. To build curriculum and engaging learning opportunities for students, especially preparing for new curriculum and Stage 6.
2. To build leadership capacity for students and staff
3. To build stronger links with the community

The following dot points of some of our highlights and highlights from Mr Hanson's Presentation Night speech show how we are making strong progress towards the above strategic directions. In no particular order:

- Establishment of leadership portfolios and action plans enacted for 2019.
- Assemblies continued: ANZAC, Multicultural, Environment, NAIDOC, etc
- International relations: Japanese visitors and we went to Japan! We had one student win a Distinction at the National Essay Writing competition held at the Consulate General of Japan.
- Careers is established including a Website, personal plans, newsletter updates, specific excursions, university links, enterprise partnership plans, work experience, trade testers, etc, An amazing set up!
- CAPA greatness: more extra curricular activities eg Drumming, Strings, Choir, Dance, more competitions, Madd Night, Schools Spectacular, Battle of the Bands, Ridges Festival, etc.
- STEM/STEAM continues to make a mark with STEM Week, GATS initiatives and amazing Stage 5 electives to select from.
- Demountable classrooms. In 2019, all but one are new and ready to go. Thank you to Mr Fitzgerald for making this happen.
- The addition of HT Admin Ms Nicholls and Stage 5 Ms Isakov changed the school, supporting systems and organisation.
- Community support. Cricket NSW have supported an upgrade to our cricket nets, one of our hirers 1Game Basketball has updated our nets and Mr De Pree, P&C President was successful in receiving a community grant for approximately \$26,000 for the installation of shading at school.
- English have run excursions and had debating success at local and regional level.
- Our fabulous teachers continue to run clubs, training and support, to make your children be the best they can.

On reflection, we have a lot to be proud of!

Mr Hanson's Presentation Night speech highlights

2018 has been another successful year in sport at The Ponds. We continued our integration into Zone Grade Sport and students were again given opportunities to participate across a multitude of gala days and knockout sports, including Oztag, basketball, cricket, netball and touch football. Our students regularly trialled for Macquarie Zone and Sydney West teams with a number of successful candidates representing The Ponds at higher levels in these teams.

Football and Futsal both continued to be a much loved sports in the school. The passion our students show for the round ball was displayed through outstanding results in NSW Futsal tournaments and the Bill Turner Cup. This remarkable group of boys finished in the final 32 teams of a cup encompassing 400 schools from all over NSW, Victoria, Queensland, and the ACT, sweeping aside the likes of the Hills Sports High School as they progressed. Both the U/14 and U/16 boys Futsal Teams advanced to the State Championships, with the U/14 Team making the Quarter Finals against some tough opposition.

Not to be outshone, our swimmers were again making waves in the pool at all levels up to CHS. Ben Harris was highly successful in several events and in another outstanding team performance, the 14 years boys dominated the 4 by 50m relay to crush a long standing CHS record in this event.

Our star Gymnasts were again triumphant in their pet events at CHS and a special mention must go to the 12 years boys 4 x 50m sprint relay team who won gold at the CHS carnival.

These sporting successes could not have been possible without the dedicated commitment of our athletes to continually improving their skills. Their persistent approach to hard work and unwavering motivation has definitely translated into successful results in all sporting arenas. The future of sport at The Ponds is looking extremely strong. We would also like to thank our devoted staff, who have spent countless hours organising and running events for the students. The combined efforts of all involved has been vital in our school's success on and off the field.

PRESENTATION EVENING

This week we held our 4th Annual Presentation Night. Special guests included:

Mrs Emma Kriketos, Director Education Leadership The Ponds Network
Mrs Jeannie Brown, Principal Riverbank Public School
Mr John & Mrs Michelle Hesse, Directors First National Real Estate The Ponds
Mrs Debbie Blackwell, Principal John Palmer Public School
Mrs Louise Butler, Rotary Club of The Ponds
Mr Rick Cortese, Senior Electoral Officer, representing Mrs Kevin Conolly Member for Riverstone
Dr Annemarie Christie, representing Ms Michelle Rowland Federal Member for Greenway
Mr Roland de Pree, President P&C
Miss Rhiannan Villano, Recruitment Coordinator for Macquarie University

It was a great celebration of sporting success and part of Mr Hansen's speech is included on Page 2 to highlight these achievements.

I would like to acknowledge the award winners and students leaders, Ms Thomas, Ms Blissett and Ms Tidmarsh who organised the day and evening events.

Dux students for 2018 included:

Year 7 Himani Bhandari
Year 8 Ethan Zuliani
Year 9 Owen Hainsworth
Year 10 Mia Fulham







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NOTE TO PARENTS

LOST PROPERTY

The unclaimed bicycle has been donated to the Smith Family, as it has been unclaimed for 8 weeks.

We still have lots of lost property:

School shoes, sport shoes, sport jackets, sports bags, laptop bags, school caps, lunch boxes, and drink bottles.

**LOST PROPERTY ITEMS WILL ALSO
BE DONATED TO CHARITY.**

AWARDS NOT COLLECTED

Awards not collected will be given to Year Advisers for collection in 2019.

Please ensure you children collect their awards during Term 1 2019.



IMPORTANT DATES

Term 1 2019

Week 1

Wednesday 30 January

Year 7 Return to School 8:30am

Year 11 Return to School 9:30am

Peer Support Team Return to School 8:30am

Thursday 31 January

Years 8, 9 and 10 students

Return to School 8:30am



*We wish you all a
very Merry
Christmas and a
safe New Year.*

TPHS Staff

ENGLISH

DEBATING NEWS

TPHS Debating Challenge: The Champions emerge

On Monday 10 December 2018, the Stage 4 and Stage 5 debating teams debated the topic that *CCTV cameras should be mandatory in all schools*. Debaters Justina 7C, Syed 7D, Melody 7H and Grace 7D represented Stage 4, whilst Hayley 9A, Dilmi 9A, Adriana 9B and Milana 9B represented Stage 5. Stage 4 debaters strongly argued that this goes against our right to privacy and that the presence of CCTV cameras cannot prevent incidents from happening. Stage 5 came back with the point that CCTV cameras are already a part of our day to day and that although they do not prevent incidents, they make effective deterrents because offenders can be identified. It was a very close match between the two teams, with both sides vying to be the most persuasive. Ultimately, there can be only one champion team, so the TPHS Debating Cup went to Stage 5 debaters Hayley, Dilmi, Adriana and Milana. Congratulations to the Stage 5 debaters who are The Ponds High School Debating Challenge Champions of 2018.



2018 has been a hectic year with new teams coming on board, an excursion to the state finals, competitions with other schools and the birth of The Ponds High School Debating Challenge. This year we had a total of 6 debating teams with 4-5 members each. Afternoon meetings were dedicated to planning, training and practice debates. Students learned how to collaborate, how to be a good sport and to have confidence in their skills. Not all debaters were able to compete in The Premier's Debating Challenge because there is a restriction on the number of teams a school can enter, however, The Ponds Debating Challenge provided all students with the opportunity to shine. The competition allowed teams to compete against different stages, with Stage 4 competing against Stage 5. There have been challenges along the way and it is through perseverance and a positive attitude that the future is bright for The Ponds High School Debating Club. We would like to thank all the parents, students, teachers and staff members for all their support and encouragement this year. It is because of this support that we can continue to grow and give our best. On behalf of The Ponds High School Debating Club, we would like to wish you all "Happy Holidays!"

Mrs Rosyline Caro

Stage 4 Debating Coordinator





SCHOOLS SPECTACULAR

The amazing and talented students of The Ponds High School excelled themselves at Schools Spectacular. It was a long few days but the tiredness was well worth it. What an amazing experience for all.

Schools Spectacular Team: Aaron, Aizah, Alice, Avnisha, Chloe, Grace W, Katya, Kirshna, Lucie, Madelaine, Manseerat, Melody, Nikata, Riley, Sean, Sera, Sriman, Tahlia, Trinity, Vinanshi and Vinanti.

Excellent job everyone!

Tina Petroni

Music & Drama Teacher



BATTLE OF THE BANDS

On Wednesday 12 December, KANE, a band formed by students at The Ponds High School, participated in an annual *Battle of The Bands* competition, hosted by Castle Hill High School. Consisting of Lead Guitarist Alex Agamalis, Bassist Maxwell Mollica, Rhythm Guitarist/Vocalist William Davison and Drummer Joshua Ciantar, performed alongside seven other local bands, and were honoured to have met and listened to such a variety of other talented musicians.

The criteria for participating in the competition was to play at least *one original band composed song*, and any other cover songs we would like to fill the rest of the set. With *Rock n Roll* being the primary musical style of KANE, the performance got everyone in the crowd moving and singing along, which was a truly awesome sight to see. After playing songs by KISS, a medley of Led Zeppelin hits, and much more, we were awarded 3rd place in the competition at the end of the night!

Thank you to all our TPHS supporters and fans!

Joshua Ciantar
Publicity Officer



TIME FOR GIVING @ TPHS

On Friday 14 December, The Ponds High School students celebrated a 'Time for Giving', in order to spread awareness regarding poverty, and fundraise for a program called OXFAM. OXFAM is a major non profit group which focuses on the alleviation of global poverty. On the day, students dressed up in a 'Splash of Christmas' and received candy grams (candy canes attached to messages) from their peers.

At recess, there was a cake sale with pancakes and baked goods and during lunchtime, students were highly entertained by a performance from Santa's helpers. Overall, the day was an enormous success as students and staff were able to raise a total of \$621, whilst spreading Christmas cheer and most importantly, awareness for a great cause.

Mia 10A and Holly 10B



TPHS CHESS TOURNAMENT

On Friday 14 December, 28 students from Year 7 – 10 participated in our One Day Chess Tournament: ChessMania II. Players' names were entered into a database and their opponent was paired at random.

The competition ran as a points-based system with each round having a 40-minute time limit. Victory was 2 points and a stalemate was 1 point. There were 6 rounds in total with the top 4 students making it to the finals. The students who made the finals were Rayman (10B), Rohan (9H), Gahan (8E) and Amrit (7E) as they had all finished on the most points by the end of the 6 rounds.



In the first round of our finals, Rayman faced off against Amrit; and Rohan faced off against Gahan with the winners facing each other in the Grand Final and the losers facing each other to determine 3rd and 4th places. Rayman defeated Amrit and Rohan defeated Gahan, making our Grand Final match between Rayman and Rohan. In the end, Rayman defeated Rohan to be crowned our 2018 Chess Champion and Amrit defeated Gahan to finish in 3rd place.

Thank you to all of the students who participated in the event.

Justin Sheteh

Chess Club Co-ordinator



CAREERS

Macquarie University Tertiary Aspirations Day

Year 10 students visited Macquarie University to discover what university life is like and what pathways existed to getting there. It was a fantastic day that Macquarie University hosted for our students, almost exclusively, although Barrenjoey High School joined us for a short time.

The day started with a University Experience Talk. This gave our students access to the Macquarie University Ambassadors who spoke very eloquently about their story as well as the facilities and activities: a university lecture on Economics or Philosophy and a university tour.

Our Last Visit for the Year to Quakers Hill Nursing Home.



Students achieved so much, this semester, since we started visiting the Nursing Home. They have learnt about community service, communications, conversational skills and about the joy that can be gained by helping others.

I was speaking to one of the organisers of the home and she told me a story about a death at the home. One of the residents was quite shaken by the loss of her friend and was quite inconsolable, however she said that she would be OK because "...the students are coming tomorrow and that will cheer me up."

Our students make such a difference just by being there and sharing a bingo session, craft making, knitting, scrabble and a simple chat. As Woody Allen said and I often remind my team of over twenty generous students: '80% of success in this life is just turning up.' We look forward to renewing our friendships with QHNNH next year.



Work Experience 2019

Students are urged to explore the Careers Webpage: www.thepondshighcareers.com during the break and start to consider their aspirations. They can also start to organise their work experience options. This an exciting rite of passage for Year 10 and is part of the compulsory Career Program. The link for information about this can be found on the following link: <https://www.thepondshighcareers.com/?page=work-experience>

Open Days & Info Sessions

Australian Institute of Fitness

Tuesday 18 December - Parramatta

You will learn about our range of industry-leading courses, along with your career options in the fitness and massage industries, as you tour our world-class training facilities and chat to our Careers team and course coaches. Find out more by visiting the following website:

<https://www.eventbrite.com/e/institute-info-session-parramatta-tickets-53567239054?aff=ebdssbdestsearch>

Australian Defence Force - Women in Defence Info Session

Monday 17 December - Sydney

Maximise your potential for leadership with a career in the Australian Defence Force.

To find out more come along where you can speak with current serving Women in the Australian Defence Force about the opportunities available to you.

Find out more - <https://www.facebook.com/pg/DefenceJobsAustralia/events/>

LA TROBE University - Future Student Information Session

Thursday 3 January - [Sydney Campus](#)

Thursday 17 January - [Sydney Campus](#)

Whether you are interested in studying Business, Information Technology or Health Science, our Future Student Team will be on hand to answer your questions and walk you through the application process.

Find out more - <https://www.latrobe.edu.au/events/search-events?>

NSW TAFE - INFOFEST

Monday 21 - Friday 25 January - NSW TAFE

We will throw open our doors to future students looking for course information or to finalise their enrolments. Our friendly team will be on the ground to assist you with enrolment paperwork, career advice and campus tours around our state-of-the-art locations. Find out more:

<https://www.tafensw.edu.au/web/tafe-nsw/infocfest>

The Hotel School - Sydney Experience Evening

Tuesday 29 January | The Hotel School Sydney

This will be a great chance for you to experience our newly renovated campus, meet staff and engage in fun programs and workshops.

Find out more - <https://www.facebook.com/events/266439397276551/>

Engineers Australia - Discover Engineering Day

Friday 15 March | Chatswood High School

Discover Engineering Day will include activities aimed at giving high school students a taste of skills required for the engineering profession as well as guest speakers from university students and engineers.

Visit: <https://portal.engineersaustralia.org.au/event/discover-engineering-day-chatswood-high-school-0>



WORKSHOPS AND COURSES

HSC Accelerated Tuition - HSC Chemistry: Module 5

Saturday 12 January - UNSW, Sydney

The most effective way to drastically boost your HSC Chemistry marks. Strengthen your ATAR, assessment and exam result these holidays with intensive preparation by HSC chemistry experts. Check out the website:

<https://www.eventbrite.com.au/e/hsc-chemistry-module-5-12th-jan-tickets-53322391709?aff=ebdssbdestsearch>

Inner West Council Libraries - Teens Jewellery Making Workshop

Friday 25 January - Leichhardt, NSW

Participants will be able to design and create a basic necklace, bracelet, a ring or a pair of earrings from glass and plastic beads. This will be a basic skills class in jewellery making using wire, elastic, leather and findings.

Find out more - <https://www.eventbrite.com.au/e/hello-holidays-teens-basic-jewellery-making-workshop-tickets-52655962401?aff=ebdssbdestsearch>

Sydney Design School Interior Decoration Workshop

Wednesday 16 & Thursday 17 January 2019 - 9:30am - 4pm - St Leonards

In this fun, hands on workshop you'll get to put together a full interior decoration scheme for a space in your own home, explore colour schemes and create a sample board to showcase your ideas. [Find out more](#)

Fully-Funded TAFE Digital Course

This course will set you on a path to gain valuable skills in developing marketing plans based on market insights. [Get started](#)

Sydney Dance Company Holiday Workshops

2 to 25 January 2019 - Ages 5 to 18 years

Located at Sydney Dance Company's Ultimo Studios, Bondi Pavilion, Thompson Hall in Baulkham Hills and The Joan in Penrith. Join in the fun at Sydney Dance Company this Summer and develop skills in a range of dance styles. For boys and girls, from the beginner to experienced dancer, Sydney Dance Company workshops are a great way for young people to improve their dance technique and learn new routines taught by Sydney's best teachers and choreographers. [Book Now](#)

TAFE, VET & Apprenticeships

Sarina Russo - Apprenticeships

Apprenticeships deliver professional, financial, and personal rewards including being a stepping stone to becoming your own boss. <https://www.sarinarusso.com/apprenticeship/?v=6cc98ba2045f> - [Become-an-Apprentice](#)

Thiess - Apprentices

Our Apprenticeship Program is a great way to kick start your career and secure a pathway into our large and diverse workforce. <https://www.thiess.com/en/people-and-careers/investing-in-our-people/apprentices>

Australian Federal Police - Directions Program Traineeship

The Directions Program Traineeship is a targeted entry-level pathway for Aboriginal and/or Torres Strait Islander Australians. It is an ongoing full-time employment and career development program, delivered in Canberra over 12 months providing participants with professional development opportunities to undertake a career in the AFP.

Find out more - <https://www.afp.gov.au/careers/directions-program-traineeship>



UNIFORMS NEWS

Wednesday 19 December was the last day to purchase uniforms for this year.

We re- open in the last week of January for 3 sessions:

Wednesday	23 January	9:00am to 2:00pm - School Office opens from 8:15am to 12:00pm for Enrolments
Thursday	24 January	9:00am to 2:00pm
Friday	25 January	9:00am to 2:00pm

Opening Hours First week of school

Tuesday	29 January	8:00am to 3:15pm - Staff Development Day
Wednesday	30 January	8:00am to 3:15pm - First Day for Years 7, 11 and Year 10 Peer Support Team
Thursday	31 January	8:00am to 11:00am - First Day for Years 8, 9 and 10

Help Needed! Volunteers Needed for January/February - Can You Help Please?

We desperately need volunteers to help with this extremely busy period, please email me at uniforms.theponds@gmail.com

Uniform Orders can still be placed on Flexischools over the holidays with the first day of collection being Wednesday 23 January 2019 after 10:30am

Hoping all our 'Ponds Families' have a very Merry Christmas and a safe holiday period

If you have questions regarding uniforms, please contact me at uniforms.theponds@gmail.com

Jo Leaver

Uniform Shop Manager





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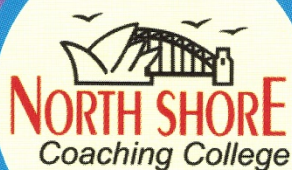
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For more information contact Wendy:
 ☎ 0452 117 660
 ✉ wendy@amazeinlifecounseling.com.au

Face to Face Timetable	
Saturday	10:00am - 11:00am
	11:30am - 12:30pm
On-Line Timetable	
Monday	4:00pm - 5:00pm
	7:30pm - 8:30pm
Wednesday	4:00pm - 5:00pm
	7:30pm - 8:30pm
Thursday	7:00pm - 8:00pm



Participants in the Face to Face Program receive the additional benefit of spending time with our therapy dog, Angel.

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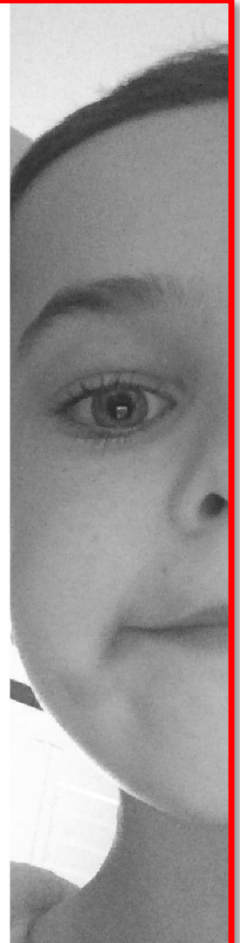
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HIGH SCHOOL

Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



Tips to help you support your young person

- 1 Recognise** their distress or concerning behaviour
- 2 Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – ehespace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.

SCHOOL NEWSLETTER CONTENT

Dear Parents/Carers:

Every year there is a sharp rise in the number of asthma attacks for children when they return to school after the Christmas break. This results in a significant increase in Emergency Department visits, hospitalisations and days off school. Not only is this unsettling for children as they start a new year at school, but often it impacts on time off work for the parents/carers also.

Over the Christmas holidays, we would like to remind parents and students with asthma, to continue with their Asthma Action Plan and for children using a preventer medication, continue to take it regularly over the break.

We would also like to remind parents/carers to visit their GP over the holidays to have their Asthma Care Plan for schools completed by their GP prior to returning back to school in 2019. Parents/carers should also provide schools with a clean spacer and a reliever medication that is clearly labelled with the child's details.

TerryWhite Chemmart pharmacies will be providing FREE school bag tags and spacer labels when parents come into store to discuss their child's asthma needs from 3 January – 12 February 2019 (whilst stocks last).

